

Eielson AFB, Alaska

Home of the Iceman Team

Arctic Sentry

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"Unrivaed Combat Capability Today and Tomorrow"

Military working dogs

Treated more like Airmen than pets

by Staff Sgt. Gloria Wilson

354th Fighter Wing Public Affairs

Even though they don't sign a contract, despite the fact they don't swear an oath, military working dogs are more than just four-legged friends.

Not to be confused as pets, MWDs are treated like Airmen in a number of ways.

MWDs are part of the 354th Security Forces Squadron and although the training is separate; both MWDs and SF members go through training at Lackland AFB, Texas.

Training is an important aspect of their job and just as SF members train frequently to remain proficient in their career field, MWDs undergo constant training as well.

The confidence course is one aspect of training a dog goes through.

The course consists of a series of obstacles the dog must conquer, designed to prepare them for situations they may face in a real-world situation, said Tech. Sgt. Paul Chute, 354th SFS kennel master.

Some of the obstacles the dogs encounter in Eielson's confidence course simulate jumping through a window, going through tight spaces, climbing stairs, and chasing a perpetrator.

Even with training alone, a MWD's work can be physically taxing.

With the type of work they do physical fitness is a must, said Sergeant Chute. The dogs go to regularly scheduled veterinarian check-ups to monitor their health and are given a weight standard by their vet. Weight is maintained through diet and exercise.

Besides their regular check-ups, or even their doggie sick-call appointments, all MWDs must undergo a physical, ensure their immunization records are up to date, and get a health certificate to cross the border before they deploy.

At times en route to a deployment, hotels and commercial aircraft are used.



Senior Airman Rachel Walters

**Staff Sgt. Robert Wilson, 354th Security Forces Squadron military working dog handler, runs Iro through the confidence course at the MWD facility. The confidence course is one of the training tools used to prepare the working dogs for real life situations.**

"We try to only stay at hotels that let the dog stay in the room; the dog's your partner and you want to maintain your team's integrity," said Sergeant Chute. On airlines, for the most part, airline employees understand the dog is a servicemember and the MWD is allowed to stay in the cabin of the aircraft.

"Once at the deployed location, the dog's mission is the same. They provide detection capabilities for unexploded ordnance, perform vehicles searches, building searches, and can play a part in patrols on or off the installation. The dogs

are able to cover a large area particularly during periods of limited visibility. They are force multipliers and I feel they're extremely important to the mission," he said.

There are times servicemembers are wounded, injured, or become sick beyond the medical capabilities of the place stationed; MWDs face the same issues and the procedures to ensure proper care for the dog is no different than that of a servicemember.

"When I was deployed to Al Udeid Air Base, Qatar, we had a MWD that

became extremely ill. He was taken to the base clinic for care and then early the next morning the dog was medevaced out to a facility equipped to treat him," said Staff Sgt. Blake A. Hemmann, 354th SFS MWD handler.

Sergeant Chute said he feels treating the dogs as a servicemember is a good thing.

"You build a rapport with the dogs so knowing they are being treated right makes you feel good. You spend every day with them and in a sense they become your best friend."

Icemen, neighbors break ground at new front gate

by 2nd Lt. Bryon McGarry

354th Fighter Wing Public Affairs

A wet and dreary June 30 couldn't keep Iceman Team members from showing their true summer colors – in this case, purple.

More than 200 Icemen, Fort Wainwright soldiers and community members participated in the sixth annual Community Partnership Day at the base's new front gate, planting flowers, building planters and kicking off the Fourth of July weekend in festive fashion.

"The purple shirts signify one team and one mindset," said Billie Blanchard, mili-

tary affairs committee chair. "As a community, we all live, work and play together, and the shirts just help cement that relationship."

The Greater Fairbanks Chamber of Commerce's Military Affairs Committee dedicates manpower, time and resources annually to its military neighbors in the spirit of that relationship, switching off years between Eielson and Fort Wainwright.

The MAC donated about \$4,500 in food, drinks and supplies to keep the volunteers'

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Airfield management: Low on radar, high on importance

by Staff Sgt. Gloria Wilson

354th Fighter Wing Public Affairs

It may not be glamorous to some or attract lots of public interest. They are not pilots or firemen, but the importance of what they do is not diminished because they are not in the limelight.

They deal with aircraft and the flightline on a daily basis, and although they are not the ones flying the planes, what they do is fundamental to keeping aircraft and those who fly them safe and in the air. They may not be rescuing anyone from a fire, but their actions potentially save lives and property.

Those that work in airfield management operations, previously known as base operations, have a number of responsibilities, said Tech. Sgt. Diana R. Lealaimatafao, 354th Operations Support Squadron Operation Support Airfield Management training manager.

"Some people think we don't do any work, at times we're seen behind a computer, but it's not video games we're playing. There's a lot more that goes into this job than people realize," she said.

They input flight plans, coordinate with other agencies for various reasons, ensure needed construction and maintenance are performed on the flightline and notify Airmen and civilians of any pertinent flightline information.

In addition to this, they also deal with safety issues on a day-to-day basis.

Daily operations include foreign object debris checks in which they walk the entire flightline looking for items such as rocks,



Staff Sgt. Gloria Wilson

**Robert "Ski" Marcinkowski and Tech. Sgt. Matthew Smith, 354th Operations Support Squadron Airfield Management, look for birds that might harm aircraft taking off and landing on the flightline. Guns are fired to scare birds away from the area.**

branches, or paper and remove them. FOD can cause serious damage to aircraft and hinder the mission.

FOD is not the only check airfield

See *Airfield* Page 2



2nd Lt. Bryon McGarry

**Happy 4th**  
**Eielson Airmen and Fort Wainwright Soldiers serve as flag bearers, holding a flag for each state in the union, during this year's Fourth of July celebration Tuesday at Pioneer Park in Fairbanks. A-10s from the 355th Fighter Squadron conducted a fly-over during the ceremony. Brig. Gen. Dave Scott, 354th Fighter Wing commander spoke during the ceremony.**



# LRS Airman sentenced to 3 years for domestic violence

compiled from staff reports  
354th Fighter Wing Legal Office

A 354th Logistics Readiness Squadron Airman was convicted at a general court-martial June 7 for reckless driving in violation of Article 111, two specifications of aggravated assault, assault consummated by battery on several occasions in violation of Article 128, communicating a threat to his pregnant wife, disorderly conduct, obstruction of justice in violation of Article 134, and two specifications of disobeying a superior commissioned officer in violation of Article 90.

Senior Airman Joshua Huddleston was sentenced by a judge sitting alone to three and a half years confinement, reduction in rank to E-1, and a bad conduct discharge.

Airman Huddleston committed several crimes between July 2003 and December 2005.

In September 2005, Airman Huddleston was out with some co-workers and became drunk. He wanted

to go to a gentleman's club in Fairbanks; however, his co-workers did not want to drive him to the club. "Airman Huddleston argued with his designated driver and physically threatened him," said Capt. Jennifer Clay, 354th Fighter Wing Legal Office assistant staff judge advocate and prosecuting attorney for the court martial. "The driver walked away from the situation; but Airman Huddleston wasn't finished with the conversation."

He followed the driver in his sports utility vehicle. The driver refused to get in the car with Airman Huddleston. Airman Huddleston sped away angrily and turned his SUV directly at the designated driver. Airman Huddleston then attempted to run his designated driver down with his SUV and lost control of his vehicle.

Later that night, Airman Huddleston was driven back to base and directed the civilian helping him to the 354th Logistics Readiness Squadron dorms. Once at the dorms, Airman Huddleston tried to find the

designated driver to continue the altercation. He was physically restrained by two men and taken home.

"Airman Huddleston's wife, fearing for her safety that night, left her home and reported a lengthy history of abuse the next day," said Captain Clay.

Mrs. Huddleston testified her husband was violent with her on no less than 40 occasions during their brief marriage. She testified it all started in July 2003 when Airman Huddleston attacked her, pushed her into an ironing board and injured her ribs.

"The abuse continued over the course of two and a half years in which Airman Huddleston broke his wife's hand, repeatedly strangled her to the point of unconsciousness, split her lip open, hit her on the head, dragged her around by her hair, hit her with various objects to include a videocassette recorder and telephone, threw her into walls, the floor and into a stair rail," stated Captain Clay.

In September 2005, Airman Huddleston attacked his wife and threatened to beat her so badly she would

miscarry their unborn child.

"Airman Huddleston's commander issued a no-contact order to protect Mrs. Huddleston; however, Airman Huddleston broke the no-contact order several times by calling his wife and going to her home," said Captain Clay. "During these visits and phone calls, Airman Huddleston tried to convince his wife to change her testimony and lie to prosecutors in order to lessen his acts in the hopes of receiving a lighter sentence at trial."

This case highlights the importance of catching domestic violence early and stopping it before a victim is seriously hurt, she added.

Airman Huddleston's actions resulted in his wife being treated at a hospital on at least two occasions for injuries he inflicted on her," she said. "A registered nurse testified that in less than 10 seconds a person can be seriously injured by strangulation, and strangulation can kill in less than one minute. These actions are crimes and must be treated as such."

Airfield from Page 1

management operations personnel complete; bird aircraft strike hazard checks are conducted as well.

BASH is a program that was created because birds can congregate on the flightline and must be removed. Honking a horn will usually cause the birds to fly away.

Moose and other animals have been known to frequent the flightline and airfield management personnel take care of those, too.

"We're vigilant about all we do and it pays off, the wing has had zero FOD incidents and zero flightline BASH incidents this year, a fact which we are proud of," said Tech. Sgt. Matthew Smith, 354th OSS deputy airfield manager.

During the winter and inclement weather, airfield management's time on the flightline increases. Runway condition readings are done sometimes as frequently as every two hours.

Airfield management personnel physically drive on the runway and apply brakes its entire length for RCRs. They enter their vehicle braking results into a decelerometer, which is an instrument that takes the different braking factors involved for the vehicle to stop and converts it to the distance it will take for the aircraft entered to stop.

"This information is used to decide whether or not it is safe for an aircraft to land here. Certain planes require more distance to break, so at times we'll only close the airfield to some aircraft, but not all," said Sergeant Lealaimatafao.

Airfield management's duties are not limited to what they have to do; sometimes it's about ensuring other people follow the rules. For example, personnel who drive on the flightline are required to have a base flightline driver's license.

"There are speed limits people must follow, as well as flightline-specific rules of the road. Although it's everyone's job to ensure personnel are doing the right thing, we conduct spot checks to ensure there are only trained and certified people driving on the flightline," said Sergeant Smith, who oversees Eielson's flightline driving program.

As important as safety is, it's only one aspect of airfield management's job.

"We're the focal point for the airfield. When there's a problem, we coordinate with the proper agency and ensure the discrepancy is fixed," said Sergeant Smith. "When there's not a problem, we're proactive and ensure the proper preventive measures are being taken."

Sergeant Smith said he takes the most pride in the people he works with.

"It's great to see Airmen come here from technical school, learn their job, get experience and take ownership. They work hard and their work doesn't stop on weekends or holidays. We're a 24-hour, seven-day-a-week operation," he said.

There is a lot airfield management does, just not everyone realizes it, said Sergeant Smith.

## Back pain caused by more than injuries, usually treatable at home

by Capt. Michael Holmes  
354th Medical Group Physical Therapy chief

As a physical therapist the words "Ouch, it hurts!" are heard frequently when dealing with the back. A physical therapist's primary job is not only to help treat injured backs, but more importantly, to help teach how to avoid injury and re-occurrence of back pain.

Back pain is a common problem in society. In fact, last year alone, low-back pain accounted for more than 350,000 visits to health care providers in the Air Force.

A few risk factors that may increase likelihood of back pain are: poor posture, being overweight, poor muscle tone, desk jobs, prolonged sitting and unhappiness. Researchers have found that general dissatisfaction with social and economic situations can greatly increase the risk of developing low-back pain.

While there is debate among experts on the extent to which all back pain is preventable, most agree that things can be done to help lower risk of developing back pain.

The following are a few back-saving tips:

- Reduce or eliminate awkward bending, reaching, twisting and turning motions.
- Push rather than pull to put less stress on the back and shoulders.
- When sitting or standing, periodically shift positions. Avoid prolonged sitting.
- Practice good posture, especially when sitting.
- Sleep on a firm mattress and use pillows under or between the knees for support.
- Wear comfortable, low-heeled shoes. It will take stress off knees and back.

Even when people try to avoid causing back pain, one wrong move can bring it on. At that time, many people decide to call a doctor to get an appointment and get some medication. Icemen need to realize that most back pain resolves itself without professional help, especially if some sound advice is followed.

A few at-home remedies to decrease pain and accelerate the healing process are:

- Rest, but only for a short time, no longer than 48 hours. After that, slowly return to normal activities. Inactivity has been shown to actually prolong recovery time.
- Apply ice. After the injury, apply ice (wrapped in a towel or contained in a plastic bag, with a moist towel between the skin and ice) for 20 minutes at a time directly over the affected area. Though not as comforting as heat, ice decreases inflammation and helps decrease muscle spasm. After three days, switch to applying heat, also for 20 minutes per application. Don't sleep with a heating pad on your back.
- Medicate. Take over-the-counter anti-inflammatory drugs like aspirin or ibuprofen. Acetaminophen can help reduce pain.

There is no simple answer to back pain. A health-care provider can provide guidance on the road to recovery, but a healthy, pain-free back is almost always up to the individual. For more information, call the physical therapy clinic at 377-3266.

## Meet the 354th OG commander

**Name:** Brian "B-Man" Maas  
**Time in service:** 23 years, 1 month  
**Hometown:** South Lake Tahoe, Calif.  
**Family:** Wife, Donna; Sons, Jason (26), Daniel (15), Nicholas (11); Grandson, Robert (10 months)  
**Past duty assignments:** Army War College student, Carlisle Barracks, Pa. Deputy commandant, Air Force Weapons School, Nellis AFB, Nev. Commander, 357th Fighter Squadron, Davis-Monthan AFB, Ariz. Operations Officer, 358th Fighter Squadron, Davis Monthan AFB, Ariz. Chief of Air Operations, Air Force Doctrine Center, Fort Leavenworth, Kan.  
**Person who has made the biggest effect on your life and why:** Jesus Christ - he has given me eternal salvation. What a role model.



Airman Jonathan Snyder

**Col. Brian Maas assumed command of the 354th Operations Group June 30.**

**Work philosophy:** Do your duty in all things. Do everything as if the most respected person in your life was always there, looking over your shoulder ... then make them proud. Also, balance work with the things you hold dear in life. For me, that is mental, physical and spiritual happiness in addition to my family.

An Iceman rides home on his new motorcycle and family, friends, and even neighbors say "Motorcycles seem like fun, but they're so dangerous" ... and they're right.

Motorcycles cannot be ridden without risk of danger, damage or injury.

"In our everyday lives we perform many risky activities, such as flying planes, scuba diving, riding bicycles, jogging and driving cars," said Staff Sgt. Robert Brock, 354th Fighter Wing Ground Safety Office. "Some activities have more risk than others and the element of risk and our perception of it are constantly changing. We can't eliminate risk, but we can lower it."

The following are some tips for managing risk:

**Mental preparation**  
It has been said that motorcycling is perhaps 90 percent mental.

"Mental preparation for the ride is critical for the motorcyclist," said Sergeant Brock. This begins with being alert and free from stress and other emotional distractions."

Equally important is the rider's attention. Lack of attention to the riding task is a predominate cause of many vehicle crashes.

**Physical preparation**  
Given the rider vulnerability and the ever-changing environment, selecting,

purchasing, and wearing appropriate protective gear is critical. Research says that protective gear can sometimes reduce injury in the event of an accident.

Thus, motorcyclists must also prepare by dressing for the fall. The minimum-protective gear includes a helmet, eye protection, gloves, over-the-ankle boots, long-sleeve upper garment and long pants constructed of a material that protects from the environment and the potential fall.

By deciding not to wear any one part of protective gear, vulnerability and risk increase.

**Motorcycle preparation**  
The motorcycle operator is responsible for pre-ride inspections. The most important items are lights, suspension and tires. Tires being under inflated are the most common cause of tire failure.

**Knowing the limits of the rider**  
One of the most important parts of understanding risk management is knowing the limits of the rider. "Though some natural coordination is required, most of a rider's skill comes through knowledge and experience," said Sergeant Brock. "Knowledge through training can make the experience we gain through riding less painful and expensive."

**Knowing the limits of the motorcycle**

Through design and purpose, mo-

torcycles have different handling characteristics, size and control operation. Cornering clearance is not the same on all bikes - a sport bike has different handling characteristics than a cruiser. "Also, Icemen are prohibited from loaning motorcycles to other personnel who are not properly trained and licensed," said Sergeant Brock.

**Riding strategies**  
Riding a motorcycle is mostly mental and strategies define the way our minds deal with the hazards in the riding environment.

"One of the most important strategies is to see and be seen," he said. "Strategies can help you anticipate and avoid problems before they occur. Riding strategies are the most effective way of recognizing and lowering risk."

"Motorcycling is an activity with a high level of risk. Understanding the steps of risk management we come to understand the changing nature of our limits, and their impact on the risk we accept, said Sergeant Brock. "Our attitude provides the basis for using this knowledge effectively. We understand the risk, know the limits, and ride within these limits, using our mental strategies. Sometimes this means deciding not to ride."

*Courtesy of the 354th Fighter Wing Safety Office.*

## Police Blotter

*Editor's Note: The following entries are taken from security forces records.*

### June 30

**CONFISCATED ID CARD:** A dependent of an Army private first class attempted to enter the base with an expired identification card. Security forces seized the card and instructed her to report to the military personnel flight and obtain a new ID card within 24 hours.

### June 1

**ARTICLE 108/DESTRUCTION OF GOVERNMENT PROPERTY, ARTICLE 130/HOUSEBREAKING, ARTICLE 134/DISORDERLY CONDUCT, DRUNKENESS AND ARTICLE 91/INSUBORDINATE CONDUCT TOWARD A NONCOMMISSIONED OFFICER:** A Marine Corps NCO reported there was an individual being belligerent and disorderly outside the Thunder Dome. Security forces responded and made contact with the NCO who made the report. He stated the individual had been confined to his quarters at 10 a.m. by his supervision due to his intoxication level. The individual disregarded the direct order and left his quarters between 10 a.m. and 11:45 a.m. The NCO stated he and a Marine corporal had attempted to take control of him, but the individual made violent actions

toward them. The corporal stated the individual might have damaged property in Bldg. 3113. Security forces went to the building to investigate. A window had been broken and the outermost garage was open. Security forces conducted a sweep to ensure there was no further damage inside. Contact was made with the individual and he was transported to the security forces control center. The individual was given a blood alcohol test with results of .02. He was read his rights, questioned and then released to his supervisor.

**CONFISCATED COMMON ACCESS CARD:** A dependent of a retired Air Force officer attempted to enter the base with a mutilated common access card. Security forces seized the card and placed it in an evidence locker.

**CONFISCATED CAC:** A dependent of a retired Army NCO attempted to enter the base with a mutilated common access card. Security forces seized the card and placed it in an evidence locker.

### July 3

**PRELIMINARY REVOCATION OF DRIVING PRIVILEGES:** A dependent of an NCO was issued a preliminary suspension of installation driving privileges after being cited for driving without wearing a seatbelt.

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COMMANDER’S  
CORNER



Commander’s  
Hotline  
377-6100

The Hotline is your opportunity to get your issues and comments directly to me so I can address them. Before you call the hotline, however, I strongly encourage you to give the unit involved, your first sergeant or commander a shot at resolving the issue. The Iceman Team takes care of its own, but you should give these people the chance to help. Please leave the names and organizations of the people you’ve contacted who have been unable to satisfy your concern, and I will look into the problem. Your confidentiality will be respected at all times. Thank you!

Brig. Gen. Dave Scott  
354th Fighter Wing commander

Newspaper  
deadlines

ARCTIC SENTRY deadlines are close of business Friday prior to the following Friday’s publication. E-mail submissions to [editor@eielson.af.mil](mailto:editor@eielson.af.mil).

Story  
ideas?

THE ARCTIC SENTRY staff seeks to provide its customers with informative stories about the Iceman Team. E-mail story ideas to: [editor@eielson.af.mil](mailto:editor@eielson.af.mil).



Chief Murray bids farewell after 29 years

Farewell Fellow Airmen,  
It’s been my honor and privilege to serve as your 14th Chief Master Sergeant of the Air Force. As I culminate my 29-year career, I want to thank each of you for volunteering to serve our nation, for fighting the Global War on Terror and for continuing to keep our Air Force strong.  
Early in my tenure I wrote a Chief Master Sergeant of the Air Force Perspective entitled: “To the members of the best enlisted force in the world.” I whole-heartedly believed that then; now after four years traveling around our Air Force, meeting with so many of you and witnessing the tremendous feats you accomplish every day, I’m convinced even more.



“As Airmen, we can measure our success not in dollars, ranks or recognition, but in the ability to make a difference in someone else’s life, in our nation and in our world.”

Chief Master Sgt. Gerald Murray  
Chief Master Sergeant of the Air Force

Your pride and professionalism are awesome and continue to make the difference in our ability to accomplish our mission. We dominate in air, space and across the planet because of you. You truly are the nation’s and our Air Force’s greatest asset.

As America’s Airmen, we are asked to lead the way in the fight for freedom. Together we transformed from Cold War mentalities to a combat expeditionary Air Force ... an incredibly strong, agile and lethal force.

Our combat role began more than 15 years ago with Desert Storm. You’ve since honed your skills through Operations Northern and Southern Watch, Allied Force, Noble Eagle, Enduring Freedom and Iraqi Freedom, among many other challenges.

In the Global War on Terror, you’ve taken the fight to the enemy and defeated them everywhere you engaged.

As the war continues, you must remain resolute, strong and prepared to fight anytime and anywhere that our liberties, or those of our allies, are threatened. I am confident that just as those who came before us overcame challenges, you will continue to soar to the challenges ahead with courage, commitment and conviction. I’m grateful to have served with such outstanding men and women who exemplify these values.

Because of your service and sacrifice, the seeds of democracy are growing in Afghanistan, Iraq and other areas of the world. Take pride in your part in building the

future of these nations—nations that simply want to enjoy the freedoms we often take for granted. Most importantly, stand fast in preserving our great democracy and way of life in the United States of America.

As Airmen, we can measure our success not in dollars, rank or recognition, but in the ability to make a difference in someone else’s life, in our nation and in our world.

Our Chief of Staff, Gen. Moseley, selected Chief Rod McKinley to be the 15th Chief Master Sergeant of the Air Force. He is a committed leader, with tremendous experience, education and compassion. His strength and character make him the right person at the right time to lead and represent our outstanding enlisted force.

I leave you in good hands, and the Air Force in your capable hands. Keep your focus on winning this war and taking care of each other. Best wishes to each of you.



Gerald R. Murray  
GERALD R. MURRAY

The taming of the credit monster

by Master Sgt. Ben Seitz  
341st Contracting Squadron first sergeant

MALMSTROM AIR FORCE BASE, Mont. -- “People do not plan to fail. They fail to plan.”

It is an adage spoken countless times. Unfortunately for many, it rings painfully true in today’s easy-credit environment.

In the past few months, I have heard many stories of people who have put themselves into devastating financial hardship due to a lack of planning and fiscal self-control.

I searched through the local phone directory and found no fewer than 15 “pay day” loan companies who prey upon those who fail to plan, often charging interest rates in excess of 600 percent.

Always be cognizant of the fact that although financial responsibility is a personal matter in the civilian world, military members can be charged under the Uniform Code of Military Justice for financial irresponsibility.

So how can folks avoid financial pitfalls and manage their finances skillfully?

The first step to financial independence is developing a budget.

For the next two months, itemize all of your expenditures to include those quick lunches, café mochas from the coffee stand on the way to work and the lottery tickets you purchased at the gas station.

This can be an eye-opening experience for some. At the end of two months, look at where your money is going, and develop a plan to harness your spending to meet your objectives.

One critical component of any budget is an emergency fund, which can reduce the burden of unforeseen events like car repairs or unplanned travel expenses. It also helps mitigate the use of credit cards for emergency situations.

The dollar amounts of emergency funds vary according to the person, but in general, a military person should have one month’s salary set aside to cover potential unknown situations.

Once a budget is developed, a person needs to get a handle on his or her credit liabilities-what he or she owes to others.

Credit cards can be a good thing when managed properly. Too often though, people misuse their credit cards to purchase things they do not really need and then pay the minimum payment required monthly.

This can turn that flat screen television you purchased on sale for \$1,500 into an overpriced investment of \$2,500 that will take an additional two to three years to pay off.

If you have credit cards with outstanding balances you cannot pay off at the end of the month, you need a plan. Most department store credit cards charge in excess of 20-percent interest, and if you are only making the minimum payment, chances are they will not be paid off for several years.

If you have outstanding credit balances, develop a plan to pay them off as part of your budgeting process. Many experts recommend paying off the lowest credit card balance first by paying as much as possible on it while paying the minimum required payment on all other cards.

This can give a person a quick sense of accomplishment, and it eliminates another monthly payment. Soon, a person will be down to paying the maximum amount possible on one remaining card.

Finally, a few words about purchasing a vehicle. If buying your first car, buy only what you can afford: that means cash in hand.

If that’s a \$300 junker from the lemon lot, then that will have to do. Then, bank the \$400 per month you would have had to pay on a new car loan.

After 12 months, upgrade to a \$4,800 car that should last two years. Continue making the \$400 deposits for 24 more months and you will have \$9,600 to purchase your next car.

The habit you are developing will have you driving newer vehicles in no time and you will never have to go into debt for them.

Always check with your insurance company before purchasing a vehicle to find out the monthly cost of insurance for that vehicle, and ensure the amount is part of your monthly budget.

If you need help, visit the financial experts at the family support center, and set up an appointment.

They can assist you in a wide array of services, including setting up a budget and arranging payment terms with credit card companies. Best of all, their services are free to all active-duty and civilian personnel.

HAWC dietician available  
for nutrition insight, tips

With our busy schedules, selecting foods wisely and balancing calories can be a tremendous challenge. Pre-processed convenience foods can be an attractive alternative to eating wisely, however just a few calories over what you burn in a day can and often times does, constitute weight gain. Additionally, many people forget that as we age our metabolic rate slows, so it is not uncommon for individuals to gain one to two pounds annually without realization. Dieticians call this “weight creep.”

The health professionals at the health and wellness center specialize in designing exercise and nutrition prescription plans for individuals to achieve optimal health and wellness. Although physician referrals for people are routine at the HAWC, our services are available to anyone who wants to take charge of their health and wellness. The HAWC now has a dietician, Ms. Susan Runyan, who can help you with nutrition concerns.

If you are interested in learning more, please stop by the HAWC or call 377-6662 and sign up for the new Healthy Weight classes or a personal consultation.



The Air Force Parent Pin program encourages Airmen to register on [www.yourguardiansoffreedom.com](http://www.yourguardiansoffreedom.com) where they can provide names and addresses of up to two parents or parental figures. The Airmen’s parents will receive personalized letters from the Secretary and Chief of Staff

of the Air Force containing high-quality lapel pins. The pins are a contemporary adaptation of the World War II “E” flags used to recognize companies for contributions to the war effort and are presented on display cards that explain their lineage.



**AADD Clock**

Airmen Against Drunk Driving  
“saved” lives to date

4 | 9 | 2 | 4

The Iceman Team goal is 60  
days without a DWI

Days without  
a DWI

2 | 4

Days until  
goal

3 | 6

For free rides home from  
North Pole area or on base call  
377-RIDE (7433) from 10 p.m.  
to 4 a.m. Friday and Saturday  
nights.

For discounted rides back to  
base from Fairbanks, call Klondike  
Cab at 457-RIDE (7433).

*Special thanks to last week's Icemen  
volunteers for helping keep our Airmen safe.*

Airman 1st Class Aaron Dozier  
Master Sgt. Gregory Goyea  
Airman 1st Class Christopher Williams  
Airman Jaime Valle  
Staff Sgt. Paul Hanel  
1st Lt. Benjamin Bishop  
Staff Sgt. Sherry Matthews

Tech Sgt. James Owen  
Staff Sgt. Rhonda Mitchell  
Airman 1st Class Mike Huntington  
2nd Lt. Jennifer Vaita  
Senior Airman Larry Newell  
Senior Airman Andrew Struss  
Airman 1st Class Kyle VanZandt

**Bombs  
Away**

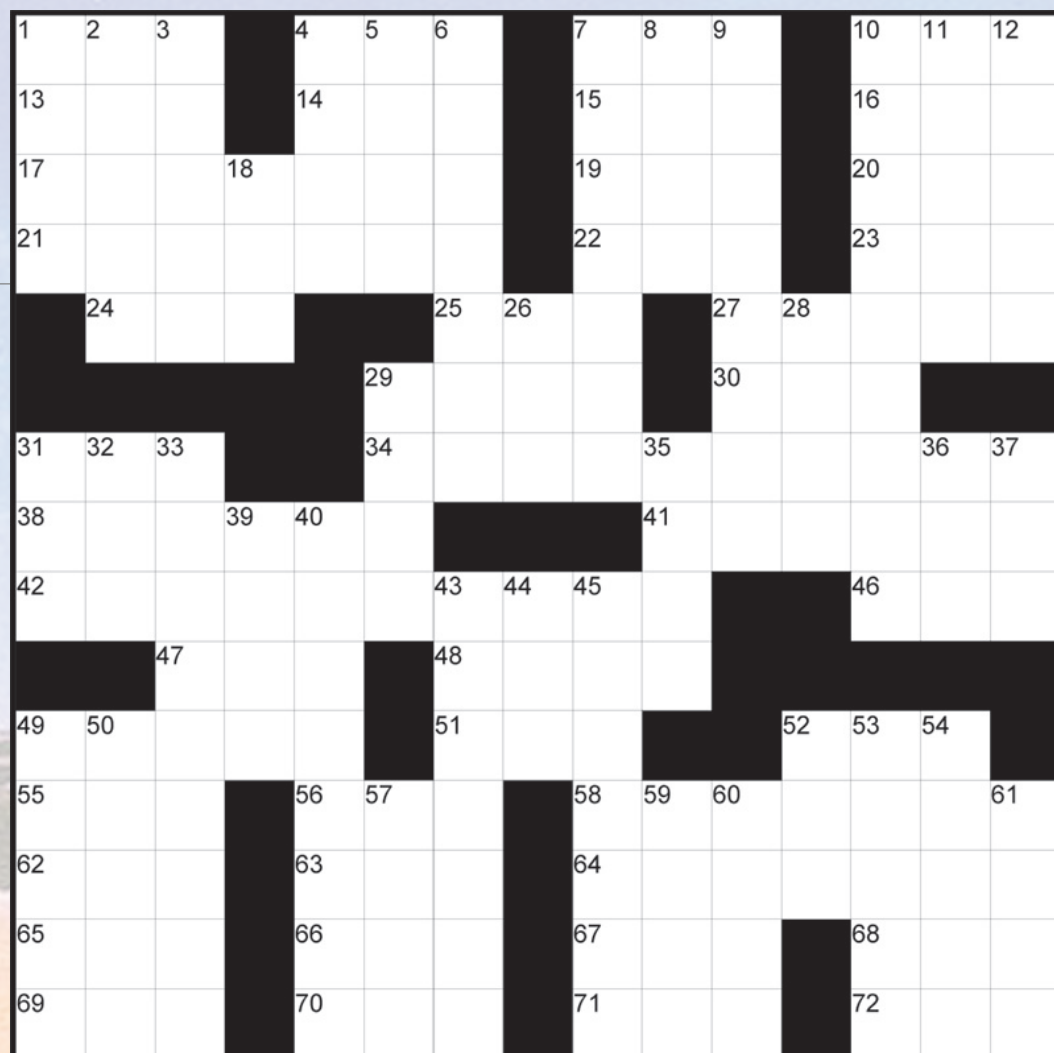
by Capt. Tony Wickman  
71st Flying Training Wing Public

**ACROSS**

1. Baseball stat
4. Reindeer relative
7. USAF bomb depot
10. Angry
13. Charged particle
14. US airline, in brief
15. Everything
16. Type of MK-82, in short
17. M-29
19. Computer giggle
20. Gun lobby
21. Two continents combined
22. Confederate general
23. Carve
24. Embroider
25. Signal
27. Browses
29. Hail a ship
30. Alcoholic beverage
31. Eur. country
34. AIM-9
38. TV type
41. Wildcat
42. Commiserate
46. Dir. 67°30 from due north
47. Gun the motor
48. Pilots with 5+ kills
49. Domicile
51. Actor Stephen
52. Grad. degree
55. Staff
56. Music genre
58. Ropes
62. USAF bomb org.
63. Simpson trial judge
64. Stone shaft
65. Formerly
66. Co. head
67. X, to Julius Caesar
68. Oahu memento
69. Compute
70. Barbie's beau
71. Sault \_\_ Marie
72. Tree product

**DOWN**

1. Secretary of State
2. Round mass



3. Acclimate
4. Tolkien tree shepherds
5. Angolan currency
6. Pakistan city
7. AGM-62
8. North American plum tree
9. Hypersensitive
10. Brutalize
11. Broadcasted
12. Pulls
18. Cut up
26. Uniform wear term, in brief
28. 31 ACROSS article
29. ASM-135
31. GBU-31/32 JDAM guidance control unit
32. Tarzan, once
33. Forced passage
35. Troubles
36. Long time
37. A different st.
39. Raced
40. AGM-65
43. AGM-84
44. Froze matter

45. Extremists
49. Stadium
50. Jeered
52. USAF website ending
53. Empties a canoe
54. On the water
57. Fits to \_\_ \_\_
59. Help a criminal
60. Actress Russo
61. Ignore

**June 30 Solutions**

How would you like to be a military member for a day?  
Join us for...

**Operation Bug Out**

*Eielson's  
Youth  
Mock  
Deployment*



Find Out What Happens During a Base  
Exercise  
Learn About Deploying to Another  
Country

Other Events Include:

- ★ Squadron Recall
- ★ Deployment Line
- ★ Field Gear
- ★ Face Painting
- ★ Photo Op on a Hum Vee

- ★ Aircraft Simulation
- ★ Military Equipment Demos
- ★ Rescue Simulation
- ★ MRE Lunch



*Free Event*

**28 July**  
**Youth Ages 9 - 14**  
**Welcome**  
Recall Between 7-7:30am  
Pick-up at the Ski Lodge at  
3:30pm

**Registration**

July 11-13  
3 - 5pm at the  
Youth Center  
or  
Stop by/call the  
AK TRACKS  
Office  
377-4130  
ffclcd@uaf.edu  
\*Registration  
ends July 21st

*Sponsored By Alaska TRACKS*



## June 2006 Home You're Proud Of Winners

### Area 1 Winners

Master Sgt. Roger Ranson, 354th Maintenance Squadron, wife Debbie and daughter Allison, 2186 C Midnight Sun.

### Area 2 Winners

Tech. Sgt. Erick Straker, 354th MXS, wife, Janice, sons, Gordon and Toby, 2463 D Koyuk.



Senior Airman Anthony Nelson

**Winners of Area 2, Tech. Sgt. Eric Straker's family, 354th Maintenance Squadron, wife, Janice (pictured) and children Gordon and Toby.**

### Area 3 Winners

Staff Sgt. Richard Wade, 354th MXS, wife Lori, children Colton and Chelsae, 715 A Broadway.

## Downtown activities

Local events for July 7 to July 14

### Quilt Alaska 2006

The opening reception for the Cabin Fever Quilters Guild biennial exhibition of traditional and contemporary quilted items is scheduled for 5 to 8 p.m. today to Tuesday at the Alaskaland Civic Center Bear Gallery (third floor). For more information, call 456-6485.

### 5th Annual Goodies in the Garden

The 5th Annual Goodies in the Garden "Saddles, Sunflowers and Sweets" is scheduled for 6 to 8 p.m. Tuesday at the University of Alaska-Fairbanks West Tanana Drive. Features homemade desserts by UAF College of Fellows members and a chance to win fantastic door prizes such as two domestic Alaska Airline round-trip tickets. For more

information, call 474-6631.

### West Coast Swing Dance Workshop

The West Coast Swing Dance Workshop takes place 7 to 8:30 p.m. July 9 at the Pioneer Park Dance Hall. Learn body rolls, hip-hop, Texas Tommy, hitch kicks, rondes, figure-4s and other moves. Cost is \$15. To reserve a spot, e-mail [MaryLindaahl@yahoo.com](mailto:MaryLindaahl@yahoo.com).

### Storytelling with Joy Steiner

There is a free storytelling event scheduled for 2 p.m. July 10 at the Noel Wien Library Auditorium. Nationally known storyteller Joy Steiner will take children ages 3 and up on imaginary journeys with nature's fascinating creatures. For more information, call 459-1052.

## COMMUNITY BRIEFS

### Scheduled outage

There will be a scheduled heat and hot water outage from 8 a.m. to 4 p.m. daily from Monday through July 27. The facilities affected are west of Flightline Avenue and south of Division Street. For more information, contact the 354th Civil Engineer Squadron customer service office at 377-2100.

### 2006 AF Marathon

Pacific Air Forces will sponsor four runners (two male and two female) for the 2006 Air Force Marathon Sept. 16 at Wright-Patterson AFB, Ohio. For more information, visit <http://afmarathon.wpafb.af.mil>. Those interested in representing PACAF must submit an Air Force Form 303 to the base fitness center director by July 14.

### Switchboard operator

The 354th Communications Squadron is accepting resumes for a part-time switchboard operator. E-mail resumes to [alicia.brechler](mailto:alicia.brechler).

[ctr@eielson.af.mil](mailto:ctr@eielson.af.mil). For more information, call 377-1850.

### Pianist needed

A piano accompanist is needed for the upcoming Missoula Children's Theatre scheduled for July 24 to 29. For more information, call the community center at 377-2642.

### North Star Cafe hours

The North Star Cafe, formerly Chapel Cafe, will be open during it's summer hours of 5 to 9 p.m. Sundays through Fridays.

### Red Cross volunteers needed

The Second Annual Ride for the Red, a 58-mile motorcycle tour, takes place 11 a.m. Saturday at 910 College Rd. in Fairbanks. The Red Cross of Alaska is raising funds for Armed Forces Emergency Services. For more information on signing up, donating money, or giving prizes, go to <http://www.alaska.redcross.org>.

### SRB changes

Air Force Headquarters announced several

significant changes to the selective re-enlistment bonus program. Airmen should contact the career enhancement office at 377-4857/5777 to determine their eligibility to re-enlist with an SRB entitlement.

### Chapel rafting trip

The chapel singles program is sponsoring a \$20 non-refundable rafting trip on the Nenana River for single or unaccompanied Airmen for July 15. Deadline to sign up is today, money must be paid at signup. Fee includes transportation, rafting and a barbecue dinner. Call 377-2130.

### Mildred the Moose

The Eielson Enlisted Spouse's Club is taking reservations for Mildred the Moose for friend's or coworker's special occasions. For more information, contact Kathy Witowic at 372-2630.

### Change of command

The 354th Comptroller Squadron change of

command takes place 9 a.m. Wednesday at Heritage Park. For more information, call 377-4140.

### Enroll in UAF for summer

Take college classes here on base through University of Alaska-Fairbanks. Registration starts August 7 for active-duty military and August 21 for all students. Spouse tuition assistance is available. For more information, stop by 2623 Wabash Ave. or call 377-1396.

### Basic wood skills class

A basic wood skills class is scheduled for July 15. The \$15 fee includes materials to make a small shelf and instruction in power tool use. Sign up at arts and crafts or call 377-1168 for more information.

### Outdoor Recreation activities

Try white-water rafting, camping, hiking or ATV riding with assistance from an outdoor recreation guide. Trips to Denali and other prime locations include transportation. For more information or reservations, call 377-1839.



Community center

The community center houses a playland, family exercise room, game room, television lounge and more. The center also offers various programs and special events for the entire family. Party rooms are also available. A photography club meets 6 p.m. Thursdays at the community center. No reservations are needed. Call 377-2642.

Sports physical

The 354th Medical Group is having a sports physical clinic 4:30 p.m. today at the clinic by appointment only. A sports physical is good for 12 months. To make an appointment, call 377-1847.

Strike Force

Strike Force bowling continues through July 31. Receive punches on SF cards for each paid game of bowling or large soda purchase. Rewards are earned for completed cards. Monthly prize drawings take place for cash prizes of \$250 and \$500. Ask about the red, white and blue Summer Strike Force cards at Arctic Nite Lanes. Call 377-1129.

SERVICES PROGRAMS  
*Editor’s Note: For a list of other classes and programs, call 377-3268 or surf to www.eielsonservices.com. RSVP for classes. Outdoor recreation rents ski equipment, Ice fishing equipment and various other outdoor equipment. Call 377-1232.*

Programs

**Texas Hold ‘em tournaments:** 6 to 8 p.m. Tuesdays at the Yukon Club. Call 377-1075.  
**Deployed bowling for family members:** 5 to 7 p.m. Fridays at Arctic Nite Lanes. Call 377-1129.  
**Trap shoot:** 5 to 9 p.m. Tuesdays at the skeet and trap range. Instruction, ammunition and loaner guns are available. Call 377-5338.  
**FitFactor weekly events:** 2:30 p.m. Fridays at the youth center.  
**Skeet league:** Log 50 targets per week. Any adult, active-duty, Guard or Reserve member, family member, civilian or retiree may join the league. Call 377-5338.  
**Chess club:** 5:30 p.m. Thursdays at the community center. Call 377-2642.  
**Spades tournament:** 8 p.m. Fridays at the Yukon Club.  
**Bowling instruction:** Available at Arctic Nite Lanes. Call 377-1129.



Today

❖ A hot dog eating contest takes place 6 p.m. at the Yukon Club. Entry is free to adults ages 18 and older. Winner receives a prize.

❖ There is an open microphone night from 7 to 11 p.m. at the Teen Break. Youth center members ages 13-18 are eligible to participate.

Saturday

❖ Celebrate the opening of the blockbuster pirate movie, Pirates of the Caribbean: Dead Man’s Chest from 7 to 10:45 p.m. at the Teen Break. Cost is

\$2. There will be swashbuckling, plank walking, treasures and pirate provisions.

Sunday

❖ Family Thunder Alley takes place 3 to 8 p.m. at Arctic Nite Lanes for a limited time. Cost is \$2 per game. For more information, call 377-1129.

Monday

❖ The outdoor recreation staff will lead an After Work Bike Ride 5 to 7 p.m. Another bike ride is slated for July 16. For fee information or reservations visit Bear Lake or call 377-1232.

Tuesday

❖ Eielson youth may pre-register for Operation Bug Out July 11 to 13 in the youth center. Call 377-3194.

Wednesday

❖ The Aero Club’s mandatory monthly members’ safety meeting is slated for 7 p.m. in the aero club. For more information, call 377-1223.

Thursday

❖ A day out at Birch Lake for teens includes a cookout for participants. For more information, call 377-3194 or sign up at the youth center.



All movies show at 7 p.m. at the base theater unless otherwise noted.

Tonight: THE DA VINCI CODE

The murder of a curator at the Louvre reveals a sinister plot to uncover a secret that has been protected since the days of Christ. Only the victim’s granddaughter and Robert Langdon, a famed symbologist, can untangle the clues he left behind. Rated PG-13 (disturbing images, violence, nudity, thematic material, drug references, sexual content) 148 minutes.

Saturday 1 p.m.: OVER THE HEDGE

Spring has sprung, and Verne and his woodland friends awaken

from their long winter’s nap to discover that a tall, green “thing” has mysteriously cropped up right through the middle of their home. Rated PG (rude humor, comic action) 96 minutes.

Saturday 7 p.m.: X-MEN: THE LAST STAND

The continuing adventures of the super-powered group, the X-Men, led by Professor Xavier, try to foster good will for mutants like themselves, in a world where some people are born with extraordinary powers, and many ordinary humans fear them for it. Rated PG-13 (action violence, sexual content, language) 104 minutes.

Sunday 1 p.m.: X-MEN: THE LAST STAND

Thursday: THE DA VINCI CODE



Master Sgt. Robert Wieland

Archery Camp

Ray Caba, master archer and instructor at this summer’s Archery Camp for school-aged children, instructs Will Dillard, son of retired Staff Sgt. Paul Dillard, on the fine art of archery.

ACCESS EIELSON

Editor’s Note: Access Eielson is the central source for all base helping agencies. All activities take place at the family support center unless otherwise noted. For a list of other classes and programs, call 377-2178 or go to [www.eielson.af.mil](http://www.eielson.af.mil).

Upcoming Events

**Federal Job Search:** 10 to 11 a.m. Tuesday.  
**Sponsorship Training:** 2 to 3 p.m. Tuesday.  
**Berry Identification:** 11:30 a.m. to 1:30 p.m. Tuesday.  
**Credit Class:** 11 a.m. to noon Thursday.  
**Pre Separation Briefing:** 2 to 3 p.m. Thursday.  
**Investing 101:** 6 to 8 p.m. Thursday.  
**It’s Your Move Financially:** 11 a.m. to noon Friday.  
**Budgeting and Spending:** 1 to 2 p.m. Friday.  
**Give Parents a Break:** 6:30 to 11:30 p.m. Friday.

Ongoing Programs

**Deployment Briefings:** Tuesdays and Thursdays, single Airmen at 9 a.m. and 3 p.m. and married Airmen at 9:30 a.m. and 3:30 p.m.  
**Pet Sitters List:** Identifies community members who are available to care for your pets in your home. Call 377-2178.



STREET BUZZ

“What is your favorite book?”



“My favorite book is the autobiography titled, *Lemony Snicket*.”

**Shalion Brown, grand daughter of retired Staff Sgt. Jewell Smith**



“One that comes to mind is *Killer Angels* by Michael Shaara.”

**Lt. Col. Matthew Mitchell, 354th FW SE**



“My favorite book is *The Firm* by John Grisham.”

**Master. Sgt. Nathan Wilson, 354th LRS**



*I really liked *Ender’s Game* by Orson Scott Card.”*

**Airman 1st Class Leah McCrone, 354th OSS**



“My favorite book is *Bud, Not Buddy* by Christopher Paul Curtis.”

**Justin Merritt, son of Capt. Michael Merritt, 354th AMXS**





Photos by Airman Christopher Griffin

**Volunteers Althea St. Martin, Brig. Gen. Dave Scott, 354th Fighter Wing commander, Billie Blanchard, Steve Lundgren and Dave Gardner unveil a Community Partnership Day 2006 commemorative stone in front of Eielson's new visitors center. The stone was donated by the Military Affairs Committee and will rest prominently in front of the building's flagpole. More than 200 volunteers from Eielson, Fort Wainwright and the community participated in the beautification project at the new front gate.**



**Senior Airman Eddie Caro, 354th Fighter Wing command chief executive assistant, lays brick on one of seven planters constructed during Community Partnership Day. Military and civilian volunteers worked through day-long inclement weather to accomplish twice their projected goal.**

## **Partnership from Page 1**

spirits up through the day.

"It was tough getting started after all that great food," said Senior Airman Eddie Caro, 354th FW command chief executive assistant.

"Once we got going, everything was clicking, though," he said. "I met a lot of great people and had a great time."

The jovial and motivated crowd worked and chatted the afternoon away, accomplishing twice as much work as projected despite the inclement weather, said Jeff Putnam, 354th Civil Engineer Squadron deputy commander.

"Logistically, this type of project can be somewhat challenging to handle," he said. "But everyone came out to work and they accomplished a lot more than we could have hoped for."

Beautification mini-projects included flower planting next to Eielson's new visitors center and base sign and construction of planters along the new main strip entering the base.

Volunteers completed seven of the eight planters and all of the flower planting, but more importantly, they made new friends and had a good time.

The annual event is a great opportunity for Icemen to get to know the civilian community that supports them so much, said Brig. Gen. Dave Scott, 354th Fighter Wing commander.

"There is no better community to live and work in," General Scott said. "The energy and dedication that the Fairbanks community puts into being a good neighbor to us, today and every day, is simply fantastic."

The opening of the new gate is projected for later this summer, following completion of a new overpass currently under construction just off base.



**Col. Michael Restey, front center, 354th Medical Group commander, and Master Sgt. William Croxen, back center, 354th MDG first sergeant, work with Fort Wainwright volunteers to install a flagpole at the new visitor's center as Jeff Putnam, right, 354th Civil Engineer Squadron, looks on.**